

Good food choices promote a healthy future at every stage of life

Food stamps help

single people and

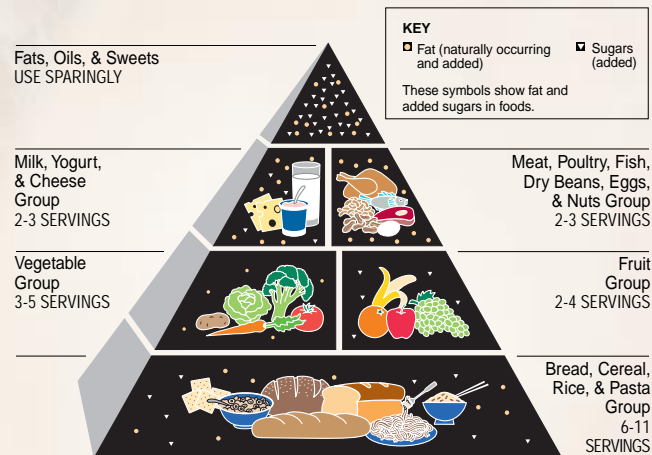
families with little

or no income

to buy food.

- Food stamps expand your ability to eat a variety of foods.
- The Food Guide Pyramid shows you how to choose foods to eat a healthy diet.

Food Guide Pyramid A Guide To Daily Food Choices*



Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services
*The Food Guide Pyramid is a guideline for normal adults.

- Be physically active! Walk, jog, dance, or play with your kids at least 30 minutes a day.
- Watch your weight! Choose lower fat foods like fruit, vegetables, and skim milk.
- Drink plenty of water!

For more information, call:

Or call toll-free **1-800-221-5689**



United States Department of Agriculture
Food and Nutrition Service

USDA is an equal opportunity provider and employer.

Hunger does not
discriminate.

How do I know if I can get help?

You can get help if:

- You have low income or work for low wages.
- You have or will get a social security number.
- You have child or elder care costs, or pay child support.
- You have high rent, a house payment, or utility bills.
- You have a car that is not worth too much.

How do I get food stamps?

- Look in the government section (blue pages) of your phone book. You can find food stamps under "social services department" or "welfare department."
- Call the food stamp office to set up a meeting with a worker. **Ask what papers you need to bring.** The worker will need to see your pay stubs, rent information, and utility bills. If you pay child support, you'll also need your child support papers.
- At the food stamp office, you will talk with a worker, answer some questions, and sign some papers.
- If you can't go to the food stamp office, you may send a friend or relative to talk to the worker. Or, you may be able to talk with a worker on the phone.

Can legal noncitizens get food stamps?

Talk to a food stamp worker about this. Even if you can't get food stamps, family members born in this country may be able to get them. Getting food stamps won't hurt you if you want to become a citizen.

Can I get help if I am not working?

Yes. If you are able to work, you must look for work, take a job offer, or go to training.

What if I am elderly or have a disability?

If you are 60 years old or over, or have a disability, you don't have to look for work. You can also claim high medical bills that insurance doesn't cover.

Are food stamps cash?

No. Food stamps are paper coupons that don't look like regular paper money. You can use them only for food. In some areas, food stamps come on a plastic card that you use just like a bank card.